

PALMER WRESTLING CLUB

For Grades Pre-K to 8th
updated **11/27/16**

WHEN

Pre-K to 2nd Grade 5:30--6:30 PM on Tuesdays starting **February 14**. Practices continue until March **14**. We will have **one Thursday** practice on **February 23**.

3rd to 8th Grade 6:30--8:00 PM on **Tuesdays** beginning **January 31** and also on Thursdays beginning **February 23**. Practices continue until March **30** or until the Huskerland State Meet in March/April.

WHERE

Palmer High School Wrestling/Weight Room

DIRECTOR

Nathan Glause School (308) 894-3065 Home cell (308) 750-2801

COST

Pre - K may purchase AAU insurance for \$20.00. OPTIONAL
I am requiring **1st-8th grade** to purchase the insurance, **\$20.00** for the AAU Insurance card, which is secondary coverage for your child during Palmer Wrestling Club practices and meets. Make checks payable to Palmer Wrestling Club (PWC).

REGISTRATION

Bring completed Waiver/Consent form and **\$20.00** ASAP so that I may send in your child's name and information to purchase the AAU Insurance.

EQUIPMENT

Please wear clean tennis or preferably wrestling shoes, shorts/sweats, and shirt. Singlets and kneepads may be checked out at one of our first practices. These will be returned at the end of the season.

COMPETITION

Tournament information will be handed out at practices.
Some meets begin earlier. If interested, go to <http://nswca.co/tournament-calendar/> to check out the tournament calendar.

Each meet has its own form and entry fee, which you will be responsible for sending in on time.

Our kids' meet is **Sunday, February 26, 2017**. We will need workers for our kids wrestling meet. This is our annual fundraiser. This money has been used in the past to purchase a mat, digital scale, singlets, and kneepads, as well as pay State Meet entry fees. We also give a \$250 scholarship to a Palmer senior.

Participants will learn wrestling technique and general body conditioning.